

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

29. **(Currently Amended)** A weight bearing element comprising:
a substantially open and flat web having a plurality of spaced stabilizing members; and
at least two chords wherein each cord defines a perimeter having a polygonal cross-sectional shape with at least 5 mutually non-coplanar sides, at least two of which are substantially parallel to the web, each of the two chords being connected to the web at at least one vertex of an angle of the chord,
wherein the web spans a distance between the two chords, and at least one of the plurality of spaced stabilizing members comprises a punched out opening or a flange protruding outward the plane of the flat web, the opening or flange extending across more than half but less than all of the distance between the two chords; and wherein the weight bearing element is a joist.
30. **(Previously Presented)** The weight bearing element of claim 29 wherein the stabilizing members are formed from punched out openings, and the punched out opening comprise at least forty percent of the area of the web.
31. **(Previously Presented)** The weight bearing element of claim 29 wherein the stabilizing members are flanges.
32. **(Previously Presented)** The weight bearing element of claim 31 wherein sets of the flanges are coupled together to form trapezoidal stabilizing members projecting outward from the web.
33. **(Previously Presented)** The weight bearing element of claim 31 formed by roll forming a single sheet of material into the web and two chords.
34. **(Previously Presented)** The weight bearing element of claim 31 wherein the chord is fabricated from a single continuous sheet.

35. **(Previously Presented)** The weight bearing element of claim 29 formed by roll forming a single sheet of material into the web and two chords.
36. **(Previously Presented)** The weight bearing element of claim 29 wherein the chord is fabricated from a single continuous sheet.
37. **(Previously Presented)** The weight bearing element of claim 29 wherein the cross section of at least one of the two chords , excluding any portion in parallel with and connected to the web, has a shape of a regular or irregular pentagon.
38. **(Previously Presented)** The weight bearing element of claim 29 further comprising a fill material in the cavity of at least one of the two chords.
39. **(Previously Presented)** The weight bearing element of claim 31 wherein the two chords are substantially parallel chords coupled to opposite sides of the web.
40. **(Previously Presented)** The weight bearing element of claim 39 wherein the chord further comprises at least 5 planar sides, each side corresponding to one side of the closed multi-sided figure of the cross-sectional shape of the chord.
41. **(Previously Presented)** The weight bearing element of claim 40 wherein the number of sides is at least 6.
42. **(Previously Presented)** The weight bearing element of claim 31 wherein the chord has a height and a width, such that the height is greater than the width.
- 43-46. **(Withdrawn)**
47. **(New)** The weight bearing element of claim 29 wherein the element is formed from a continuous piece of at least 20 gauge steel.